

You're The One Newsletter

THE VIRTUE OF TEMPERANCE!

Issue 12 Vol 6 June 2017

In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

Karen Recommends



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What's New With Karen

Welcome to June 2017! During May at the centre, back & forefront of my mind was a recurring lesson of temperance (ie moderation versus excess). In one area specifically, I found myself having to break an unhealthy long-established habit & retrain my brain to have a little less of high sugar overindulgence's. Once I admitted to myself, I needed to change, I started with 4 simple steps: being more moderate, slowing down, chewing more & truly savouring the experience. I took my Grandfather's guidance to my Mother when growing up - in which he guided: 'Don't be a gormandiser - slow down & chew your food 20 times.' I'm still getting there but the improvement has made a profound positive change to how I feel about myself. I've learned that its good sometimes to say no/give ourselves a little less and in fact be far better off for it. This newsletter is dedicated to the theme of moderation being the key!! Good Luck balancing our scales back to moderation and employing the virtue of temperance (and we can still enjoy our guilty pleasures). Love Karen XXX

Mojo Tip: A Truly Temperate Role Model!

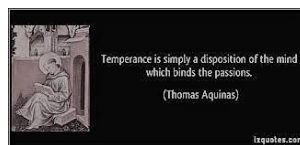


Sir Roger Moore, British Actor & Unicef Goodwill Ambassador
14.10.27-23.05.2017

The 6th step on our magnificent Mojo mindset is decide to be more moderate, self-restrained and self controlled in our appetites. People with Mojo develop a habitual moderation in the indulgence of natural passions. These Mojo-esque role models use their reasoning to regulate their behaviour under the power of their will. They also develop restraint in action, thought and feeling which gives them an added calmness of spirit and a kind and humble way of communicating with others. When I think of a perfect role model who demonstrates these characteristics, Sir Roger Moore comes to mind (British Actor, Unicef Goodwill Ambassador & Knighted by the Queen for his services to charity). Sir Roger recently passed away after a brief battle with Cancer, aged 79 at his home in Switzerland. During his career, he can best be remembered for playing Simon Templar in The Saint, a television series during the 60's where it is said he established his suave, quipping style which he then carried forward to James Bond. He was the longest serving James Bond starring in seven feature films. He

became a UNICEF Goodwill Ambassador in 1991 and stated that his citation on the knighthood (for his charity work) meant more to him than if he had got it for acting. When we study Roger Moore in his roles and also in his life, we find a man who demonstrated the characteristics of temperance perfectly. A quietness of character, modesty, discipline, self control, and a deep concern for the well-being of others. We can all take a leaf out of his book and learn to become more temperate. We can regulate ourselves from within, adopt a certain order and sensibility to our lives, and delay gratification. Temperance can be developed by our habitual ability to resist enticement of immediate pleasure in order to gain a greater, though more remote, good. It is truly a virtue which not only help us as individuals but provide a solid foundation for a healthy society. Let's all learn to develop a coolness and calmness of head so that we can deny ourselves immediate pleasure (often the pleasant feeling that comes from overindulging) in favour of a life of joy, self control and purpose. Enjoy being moderate with our pleasure senses and lets savour slowly the feeling, taste, and smell of our appetites. In this day of excess when so much is available readily at our fingertips, we can deliberately decide to to develop the character strength of temperance which is really the true mark of living a good life. Love Karen XXX

Life Coach Tool: Seeking Emotional Moderation in an Age Of Extremes!



Temperance is Simply a Disposition of the Mind Which Binds The Passion

Please find below a wonderful article on 'seeking emotional moderation in an age of extremes' - by Cindy Lamothe that I discovered on the virtue of temperance'.

'Do you ever have one of those days where one isolated frustration leads to another, and then another, until they all bleed together and your whole life starts to seem like one long series of small misfortunes? It happened to me last week: Toward the end of already-bad day, I tripped over my own shoelaces and skinned my knee on the sidewalk, and my reaction - I can say this in hindsight - was much angrier and more dramatic than a shoelace-trip called for. So when I received an email the following day with some positive career news, the boost was that much stronger. I wasn't just happy; I was over the moon. In the span of just 24 hours, I'd swung from one end of the emotional spectrum to the other. It sounds exhausting, but these frequent ups and downs, for better or worse, are just a normal part of modern life. The language of the internet, full of hot takes and epic take-downs and things that promise to blow our minds, hardly encourages us to contain ourselves or dial down our self-expression; nor does the polarised rhetoric of the current political scene. I once interviewed an elderly nun who told me that her secret to lasting contentment was "temperance": "It protects you from being consumed by your passions," she said. But in this age of extremes, temperance - defined by Merriam-Webster as "habitual moderation in the indulgence of the appetites or passions" - isn't an easy sell. As psychology writer Oliver Burkeman argued in a recent Guardian column, moderation is too often seen as "intrinsically lily-livered, a lukewarm compromise between more resolute extremes." This wasn't always the case, though. The history of temperance is a long one - and tracing its rise and fall shows that, with a little bit of a

makeover, it may have a place in these times after all. Maybe You Have Neurasthenia, a 19th-Century Diagnosis for Burnout. Back in the fifth century B.C., ancient Greek philosophers considered the trait to be a way of achieving harmony through self-knowledge. Throughout the millennia, numerous religious traditions have adopted it as a core tenet: In Buddhism, two of the five precepts (those forbidding drunkenness and sexual misconduct) demand temperance; Hinduism has the concept of dama, or self-restraint; temperance is one of the four cardinal virtues of the Catholic Church. In the 13th century, Christian theologian and philosopher Thomas Aquinas described it as "simply a disposition of the mind which binds the passion." Roughly half a millennium later, the Protestant revival that spread throughout the U.S. in the 18th and 19th centuries, known as the Great Second Awakening, pushed concerns over sin and self-control to the forefront of American culture. But with the advent of the resulting temperance movement, which advocated for the near or total abstention from alcohol, the term "temperance" became inextricably linked to Prohibition, and took on a decidedly different, more strident flavor. What had once been seen as a virtue became, during the 1920s, a word for the harsh denial of bodily pleasures. This would begin to change after the Second World War, when humanist psychologists like Abraham Maslow began taking an interest in the more positive aspects of human nature. During this time, the idea of using religious ethics as a code for behaviour began to fall out of fashion in favor of individual self-expression. Fast-forward a few decades to 1998, when positive psychology emerged on the scene. Its founder, Martin Seligman, was among the first to connect the field of psychology, with all its scientific trappings, to religious virtue, ethics, a school of thought that focuses on moral traits over moral actions. Seligman designated temperance as one of the 6 core values of his burgeoning field, emphasising its universality rather than its link to any one specific movement or group. Around the same time, 'Emotional Intelligence: Why it Can Matter More Than IQ', he wrote: 'When emotions are too muted they create dullness and distance; when out of control, too extreme and persistent, they become pathological, as in immobilising depression, overwhelming anxiety, raging anger, manic agitation. Indeed, keeping our distressing emotions in check is the key to emotional well-being; extremes-emotions that wax too intensely or for too long-undermine our stability. Just as there is a steady murmur of background thoughts in the mind, there is a constant emotional hum.' While the term hasn't totally shaken its puritanical roots, its incorporation into modern psychology has given it a more contemporary cast - and a more contemporary way to apply it to our lives. Temperance is character; it's emotional intelligence; it's even, one could argue, a sense of courage. "True moderation doesn't mean you've got to split the difference between your opinions and other people's," as Burkeman put it in the Guardian, but "it does mean conceding that nobody's unreachable or irredeemable ... it's far more tough-minded than the low-effort option of just writing off the opposition." There's a lot to be said for expressing yourself, but there's also an upside to keeping that expression in check - namely, that it can help you to better understand others, and to put the events of your own life in healthy perspective. It's something I'll keep in mind even as I double-knot all my shoelaces.

Be Inspired Article: 10 Questions with Caroline Kropack!



Who is the real Caroline?

Cheeky, fun, happily married and a proud Mother, originally born in the USA, I now call Australia home. Having previously worked as a Lawyer for 25 years in my own commercial law practice, my love of travel and food led me to undertake culinary studies both in Australia and Europe. Following my passion for food that puts a smile on people's faces (along side my partner, George Kalpakis) our 'love child' - 'Brazen Brownies' was born. Our mission is to spread our love of brownies with the rest of Australia - brownies that are designed, baked and packaged by hand in Melbourne.

Which five words best describe you?

Determined. Loyal. Hard-working. Good-hearted. Crazy(Lol).

What was your first job and what path have you taken since then?

Magazine proofreader while studying law at university. Lawyer for 25 years now Brownie Designer in exciting new food business!

What's your proudest achievement?

My daughter.

What's been your best decision?

Marrying my husband George.

Who inspires you?

Jamie Oliver. His genuine passion and energy astounds me.

What are you passionate about?

All things food, including brownies of course!

What's the best lesson you've learnt?

Everything in this life is a gift.

Which person, living or dead, would you most like to meet?

Jamie Oliver.

What dream do you still want to fulfil?

A full year spent traveling all continents.

What are you reading?

'The Course of Love' by Alain de Botton.

Daily Hint: Daily Reminder to 'Practice Temperance'

Thank you! Your Daily Hint this month is to daily practice slowing down, savouring, delaying gratification and truly enjoying life's pleasures in a new way. Know that you will feel so much better about

enjoying life's treats this way as you truly discover by using all your senses to delight and not feeling guilty in doing so!! Enjoy your guilt free pleasures in a new way!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm excited to introduce you to Caroline Kropack (& her partner George) and their 'love child' 'Brazen Brownies'. Caroline and George recently went out of their way for me in delivering 40 beautiful individually wrapped chocolate brownies (bite size-so guilt free) which I gave out to thank my loved ones at my Holy Communion. I love that Caroline & George are following their passion and helping others to enjoy some guilt-free indulgences, which I can attest, are simply delicious and beautiful! Enjoy (however, there is a warning, you may not be able to stop at 1 - lol - so that is where temperance will come in)!!

'There is no difference between knowledge and temperance; for he who knows what is good and embraces it, who knows what is bad and avoids it, is learned and temperate.'

Socrates

Yours sincerely,

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PERSONAL INTRODUCTION:

with:

Caroline Kropack of Brazen Brownies

To get in touch with Caroline and George at Brazen Brownies, you can telephone 0488 771 686 or via email: yummy@brazenbrownies.com.au ! Remember to mention karen at yto:

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Offer Expires: 30 June 2017

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